



SIMPLIFY DAYS

GRATITUDE JOURNAL



"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow."

-Melody Beattie



DAILY GRATITUDE

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has."

-Epictetus

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GRATITUDE JOURNALING

"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack."

-Germany Kent

1. Name something beautiful that you saw today.

2. What memory are you grateful for?

3. What opportunities are you grateful for?

4. Name something in your home that you truly treasure. Why?

5. What are you grateful for in your significant other?

6. List something nice a stranger has done for you recently.



GRATITUDE JOURNALING

"The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time."

-Douglas Wood

7. What about the current season are you grateful for?

8. Name a struggle you currently have. What about that struggle makes you grateful?

10. What talents or abilities are you grateful for?

9. What freedoms are you grateful for?

12. Describe a piece of positive news you recently heard.

11. What book are you grateful for?



GRATITUDE JOURNALING

"The soul that gives thanks can find comfort in everything; the soul that complains can find comfort in nothing."

-Hannah Whitall Smith

13. What is the biggest gift in your life right now?

14. What are you thankful for in nature?

15. Name something positive that has happened around you recently.

16. What bit of information are you glad you know?




GRATITUDE JOURNALING



"Gratitude and attitude are not challenges; they are choices."


-Robert Braathe

17. Name a basic need that has been met.



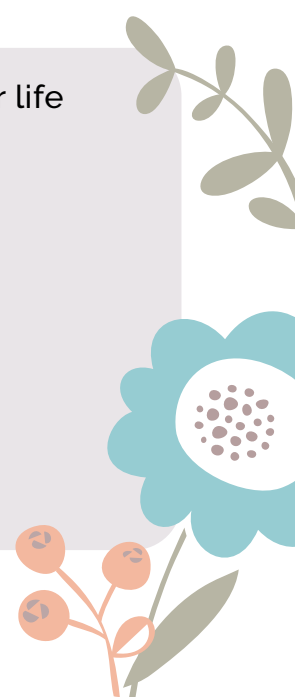
18. Who are you most grateful for right now and why?

20. What small thing are you grateful happened today?



19. How do you show gratitude for your friends?

21. What difficult parts of your life contain hidden blessings?





GRATITUDE JOURNALING

"When I started counting my blessings, my whole life turned around."

-Willie Nelson

22. What is something a friend or family member did today that made you grateful for them?

23. What is a simple pleasure you are grateful for?

24. What is an accomplishment you are proud of?

25. Write about a family member or friend you are grateful for.

26. Write 3 things you are grateful for today.

27. What skill or tool are you grateful for that you learned through Simplify Days?



GRATITUDE JOURNALING



"Thankfulness is the quickest path to joy."

Jefferson Bethke

28. What made you smile today?

29. Who are you most grateful for today?

30. How has simplifying your life and digitizing your information improved your life?



I'M GRATEFUL FOR THESE...

"Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary."

-Margaret Cousins

PEOPLE

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- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

EXPERIENCES

- 1 _____
- 2 _____
- 3 _____
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LESSONS

- 1 _____
- 2 _____
- 3 _____
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- 7 _____

SKILLS

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PLACES

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MEMORIES

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GRATITUDE TRACKER

"The more grateful I am, the more beauty I see."

Mary Davis

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16	17	18	19	20
21	22	23	24	25
26	27	28	29	30